



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09018, Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid**

Report Date: June 27, 2017 22:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 239g	1 fl oz 29.9g
<b>Proximates</b>						
Water	g	87.90	--	--	210.08	26.28
Energy	kcal	47	--	--	112	14
Energy	kJ	197	--	--	471	59
Protein	g	0.14	4	0.016	0.33	0.04
Total lipid (fat)	g	0.10	3	0.007	0.24	0.03
Ash	g	0.32	4	0.016	0.76	0.10
Carbohydrate, by difference	g	11.54	--	--	27.58	3.45
Fiber, total dietary	g	0.1	--	--	0.2	0.0
Sugars, total	g	10.93	--	--	26.12	3.27
<b>Minerals</b>						
Calcium, Ca	mg	6	4	0.762	14	2
Iron, Fe	mg	0.26	4	0.054	0.62	0.08
Magnesium, Mg	mg	5	4	0.433	12	1
Phosphorus, P	mg	7	4	0.676	17	2
Potassium, K	mg	126	4	7.348	301	38
Sodium, Na	mg	7	4	2.684	17	2
Zinc, Zn	mg	0.04	4	0.006	0.10	0.01
Copper, Cu	mg	0.014	4	0.003	0.033	0.004
Manganese, Mn	mg	0.063	4	0.013	0.151	0.019
Selenium, Se	µg	0.1	--	--	0.2	0.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.6	2	--	1.4	0.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 239g	1 fl oz 29.9g
Thiamin	mg	0.003	3	0.001	0.007	0.001
Riboflavin	mg	0.015	3	0.001	0.036	0.004
Niacin	mg	0.038	3	0.002	0.091	0.011
Pantothenic acid	mg	0.063	3	0.017	0.151	0.019
Vitamin B-6	mg	0.033	3	0.002	0.079	0.010
Folate, total	µg	0	4	0.074	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	4	0.074	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total <sup>1</sup>	mg	1.8	--	--	4.3	0.5
Betaine <sup>1</sup>	mg	0.1	1	--	0.2	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	16	--	--	38	5
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.018	--	--	0.043	0.005
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 239g	1 fl oz 29.9g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.016	--	--	0.038	0.005
18:0	g	0.002	--	--	0.005	0.001
Fatty acids, total monounsaturated	g	0.002	--	--	0.005	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.002	--	--	0.005	0.001
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.031	--	--	0.074	0.009
18:2 undifferentiated	g	0.027	--	--	0.065	0.008
18:3 undifferentiated	g	0.004	--	--	0.010	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD